



# Let's Talk about:



## *Staying Healthy as the Weather gets Colder*

Hi CCS Community!

It is officially October which means fall is in full swing! Fall is easily my favorite season of the year – there is something so exciting about starting a new school year and cozying up as the weather gets cooler. Speaking of cooler weather, I wanted to share some tips about ways to stay healthy as we start seeing more colds and coughs go around!

### **Why is it important to practice healthy habits in the fall?**

Leading up to the winter, we often start to see **colds and viruses** go around. Practicing good **hand hygiene** is one easy way to keep yourself and those around you safe! Taking simple precautions can help you feel **more prepared** going into the winter.

### **Ways to Stay Physically Healthy**

Talk to your **primary care provider** about getting a **flu shot**. Flu shots are widely available at most **pharmacies like Walgreens or CVS** and are **free of cost with insurance**.

If you are worried about the side effects of the flu shot, talk to your doctor! Getting a flu shot is important for two reasons: It helps keep **you** protected from the most common strains of this year's flu. It helps keep **those around you** safe via something called "herd immunity".

### **Talk to your doctor about getting the COVID-19 Booster**

Even though flu season is coming up, we are still seeing COVID-19 around. Currently, you qualify for the **bivalent COVID-19 booster** if it has been over 2 months since you received your last booster or primary vaccination.

Check out the **CDC** vaccine schedule for more details:

<https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-vacc-schedule-at-a-glance-508.pdf>

**Stay at home or wear a mask** if you feel sick! If you wake up and are coughing, have a headache or runny nose, take an at-home COVID-19 test and consider staying home until you feel better.

### **Ways to Stay Mentally Healthy**

As the sun starts to set earlier, it can be harder to get outside and enjoy the weather. Make sure you **prioritize your emotional wellbeing** as much as your physical health.

**Make plans to see friends for dinner** as the weather gets cooler.

Take up a fun winter hobby like **reading, arts and crafts, or board games**.

Let me know some ways you are planning to stay healthy this fall!



**Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.**